

Miriam's Newsletter January 2016

Dear Family and Friends,



I hope this finds you all well and not freezing in the sudden cold spell I've heard has hit the UK. This comes with my warmest greetings, literally! Not to make you feel jealous but I'm looking forward to being cold! I am sitting in Dar having a couple of days of rest before returning to the UK, the cold and a hectic schedule of church visits, deputation and visiting people. Dar is always a lot hotter than Iringa which is at a higher altitude. It's the rainy season in Tanzania at the moment. When it's actually raining, or for the few

moments immediately after, it is cooler but then as soon as the sun comes out it heats up rapidly and humidly!!

I will hopefully be seeing most of you in the next couple of months as I will be visiting my link churches during this time. Please excuse me that this newsletter comes so close to my arrival in the UK I am sorry that I haven't managed to send one out earlier but it has been a little stressful getting ready to leave work and the house and all that entails.

I am looking forward to being back in the UK, only a few days from now. I am excited about seeing you all and spending proper time catching up and chatting. I'm also looking forward to wearing big sweaters and shoes (I think I can count on one hand the number of times in the last year I've worn "shoes" and not flip-flops).

Thank you all for your prayers, love, support and encouragement (shown in so many ways) this year since I came back to Tanzania in February 2015. It has been a tough year in many ways, as I have still been recovering, and in many ways it has been a blessed year, seeing the improvement that has come each month ☺. There are still days that I just have to acknowledge I've done too much and I need to rest but the days of being utterly wiped out after doing work or life are fewer and fewer, which I thank God for. I am thankful for and happy that during this last few weeks my sociability and desire to be around people and chat has significantly improved, just as I prepare to come to the UK and will be so busy seeing so many people and doing church visiting etc. I feel very blessed as part of me was dreading all the social people contact I will have to be doing as I have been finding it so hard and exhausting! So thanks to God for that, I am grateful for this part of my recovery happening "just in time" ;-)

With regards to working, it has again been a blessing to have Chipe working with me. She is very capable and this has enabled me to take time to recover and recuperate where I have needed it. I don't need to worry that I have let down the mothers and children we work with. I have been able to focus my energy on assessing and treatment plans, knowing that a lot of the general relationships and ongoing



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communications are continuing. I feel incredibly privileged to be working somewhere where I love the work. Working with Chiye who has been with the Therapy unit for 4 years now, has afforded the opportunity for me to take the time I've needed in this recovery period to come back to enjoying it again and to be motivated to get out of bed and go to work. I am excited as I feel that I am more or less myself again after almost two years!



I will keep stories for when I next see you and my next newsletter, but I've added a few photos of work, one of our children using the standing frame, the other two are of one of our support groups and Chiye talking to the Mothers and one Father 😊 much love you are all very welcome to come and join with me at one of the churches I will be visiting over the next couple of months:

31st January – Holy Trinity, Combe Down, Bath

9th February – St Peters, Bristol, evening

14th February – All Saints, Penarth

21st February – St James, Wetherby

28th February – St Matthews, Rastrick

29th February – Christ Church, Cotmanhey and Shipley, evening

6th March – Parish of Clayton and Keymer

13th March – St Mary Bredin, Canterbury

20th March – St Marks, Exeter

3rd April – St James, Biddenham

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During these two months of church visits I will be travelling the whole time. I have planned a big 'circuit' to reduce the travelling from Bath. As you can see my churches are quite spread out. I will also be visiting family and friends during this 'circuit'.

Thanks giving:

- Please give thanks to God for the ongoing improvement of my health, mood and sociability.
- That I was able to get everything sorted for while I am away.
- That my Kiswahili is getting better.
- That I am again starting to love my work.
- That more and more children are coming in for treatment. And we are able to help and support not only the children but their families as well.

Please pray:

- My time in the UK, especially the first two very hectic months. That I am not setting myself up to 'crash and burn' as it's too much (I have purposefully tried to keep all my church visits and deputation within the first two months to ensure I really do then rest and recuperate afterwards and have concentrated time with my family and friends). And safety for all the travelling I will be doing (even though I've kept it to a minimum!).
- Please continue to pray for the work we do at Neema Crafts Centre as a whole, for all the staff and different departments and for the children and families we work with in Therapy. Please pray for the children that we would have wisdom in how best to treat each child and situation and that God would give us hands that heal, hearts that are full of His love for each person that comes into Therapy and minds that have knowledge that is God given.
- For the future of our work in the Therapy. As I go back (God willing) to Tanzania that God would affirm the vision He has given us all for the work He wants us to do.

I send this with love and may God bless each of you richly.

Mim xx (mimknowles@hotmail.com)